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ALSTON-WITH-GARRIGILL
RURAL DISTRICT COUNCIL.

ANNUAL REPORT
OF THE
MEDICAL OFFICER OF HEALTH
FOR 1959.

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To the

CHAIRMAN AND MEMBERS OF THE

ALSTON-WITH-GARRIGILL

RURAL DISTRICT COUNCIL.

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Mr.Chairman, Ladies and Gentlemen,

I have the honour to submit my report as Medical Officer of Health for the year 1959. I wish to thank the Public Health Inspector for his assistance in the preparation of my report.

Yours faithfully,

JOHN R.HASSAN.

Medical Officer of Health.

REPORT OF THE MEDICAL OFFICER OF HEALTH FOR ALSTON-WITH-GARRIGILL RURAL DISTRICT COUNCIL FOR THE YEAR 1959.

SECTION A

VITAL STATISTICS.

Statistics and Social Conditions of the Area.

Area	36,971 Acres.
Population	1959
Registrar General's Estimate of Resident Population, Mid-year	2,240
Number of inhabited houses according to Rate Book.	
Alston Ward	513
Nenthead Ward	216
Garrigill Ward	139
Total	868
Rateable Value	£17,975
Penny Rate Product	£68

COMMENT.

The exceptionally high number of births recorded last year has not been maintained, the figure this year being average for the area as is the number of deaths. The population figure shows a reduction of twenty over the 1958 estimate. There was general regret when it was learned that the Mill at Nenthead was to be closed. A depression is bound to follow unless alternative employment arises and at the time of writing, none seems likely to materialise in the near future. This anticipated unemployment does not however relieve the local authority of building new houses. The number of old properties unfit for human habitation increases each year and no new houses have been erected. There is renewed interest in this matter I am glad to report and progress is likely in the coming year with the resumption of building and demolition of old properties.

A plea for more blood donors was made last year and it is regretted that the numbers fell on the two occasions that the Blood Transfusion Service visited Alston. A further plea is now made and is directed particularly to people in the twenties who quite frankly are not being as public spirited as their elders.

One is becoming aware of the sub-standard general health of many old people, both couples, and people who live alone, of both sexes. The reason is that while most (but not all) eat enough, they do not eat the right foods and a vicious circle is started because as health worsens, the appetite is reduced and

such items as bacon, meat, cheese and eggs are consumed less and these items of diet are vital. It is a fact also, that people who live alone eat less of those foods that require preparation than do couples. It is important that relatives, neighbours, Home Helps and nurses should urge such people to eat a round diet including the items already mentioned as well as fresh fruit and vegetables and milk.

I should like to thank the Chairman and Health Committee Members for their continuing interest and help during the year.

LIVE BIRTHS.	1959. M	F
Legitimate	17	21
Illegitimate	1	3
	42	

STILL BIRTHS.	M	F
Legitimate	1	1
Illegitimate	-	-
	2	

	M	F
Deaths of infants under 1 week of age	1	-
" " " 1 year of age	-	-
	1	

ANNUAL BIRTH RATE per 1,000 estimated population.

For this area	17.85
For Cumberland	17.76
For Rural District of Cumberland	17.76
For England and Wales	16.50

	M	F
DEATHS	15	13
	28	

ANNUAL DEATH RATE per 1,000 estimated population.

For this area	12.50
For Cumberland	11.93
For Rural District of Cumberland	11.43
For England and Wales	11.60

Deaths from Puerpal Causes	Nil	
	M	F
Deaths from Cancer (all ages)	1	3
	4	

Deaths from Measles (all ages)	Nil
" Whooping Cough	Nil
" Diarrhoea (under 2 years)	Nil

SECTION B

(i) PUBLIC OFFICERS OF THE AUTHORITY.

Medical Officer of Health (Part-time)

John R.Hassan, Ch.B., D.R.C.O.G.,
Cottage Hospital,
ALSTON.

Sanitary Inspector.

R.W.Thomas, M.A.P.H.I.,
Town Hall,
ALSTON.

(ii) (a) Laboratory Facilities.

The Pathological Laboratory of the Cumberland Infirmary, Carlisle supplies a complete range of service under this heading.

(b) Ambulance etc.

There has not been any alteration in the service as it is administered locally but I am glad to report that there is every possibility of our aged ambulance being replaced by another vehicle.

(c) Home Nursing.

This service continues to run efficiently and some figures are given to show the extent of the work.

Number of Home Helps on books.	12
Number of Householders helped.	26

Nursing Service.

Number of cases nursed.	119
Number of Nursing Visits	2842

(d) Clinics and Treatment Centres.

Consultant Services are available at Carlisle and Newcastle. Physiotherap is available on two mornings each week at the Cottage Hospital. Maternity and Child Welfare Clinics are held weekly at the Cottage Hospital provided of course by the Cumberland County Council. The School Dental Clinic is held one day a fortnight at the Cottage Hospital.

The Dental Service (N.H.S.) is provided one day each week by a Private Practitioner.

East Cumberland Hospital Management Committee provide a Consultant Radiology Service one afternoon each fortnight.

SECTION C

WATER SUPPLIES.

With the completion of the Garrigill Augmentation Scheme, the water supply position can now be regarded with some satisfaction in the three main centres of population.

SEWERS AND SEWERAGE DISPOSAL.

The position remains much the same as in 1958. There have been no extensions and no major works carried out.

PUBLIC CONVENIENCES.

Alston and Nenthead are now well catered for and arrangements have been made for redecoration works to be carried out.

PUBLIC CLEANSING.

Again this service can be regarded as being carried out satisfactorily.

Regular action is taken to keep down the rat population on the Refuse tips.

Sanitary Position of the Area.

Number of Inspections	682
Nuisances Report	8
Nuisances abated by Informal Notices	8
Informal Notices	8
Statutory Notices	-
Number of Houses inspected	289
Number of Houses disinfected	-
New Houses erected (Local Authority)	-
New Houses erected (Privately)	-
Plans submitted	16
Plans approved	15
Number of Sewer connections	-
Number of Water connections	5
Houses demolished	-
Houses closed	4

FACTORIES.

(i) Inspection for purposes of provisions as to health (including inspections made by the Sanitary Inspectors).

Premises.	No. on Register.	No. of Inspections.	No. of Written Not.	No. of Occ. Pros.
(i) Factories in which Sec.1,2, 3,4 & 6 are to be enforced by Local Authorities.	4	1	-	-
(ii) Factories not included in (i) in which Sec.7 is enforced by the Local Authority.	17	17	-	-
(iii) Other premises in which Sec.7 is enforced by the Local Authority (excluding out-workers premises).		-	-	-
	21	18	-	-

(ii) Cases in which defects were found ..... Nil.

SECTION D

POST WAR HOUSING.

Council Houses completed at the end of 1959	127
Privately owned Houses "	12
Estimated number of houses unfit for habitation which cannot be made fit at reasonable cost	74
Number of houses overcrowded	10
Total number of applicants for Council Houses	23

IMPROVEMENT GRANTS.

Number of privately owned houses for which Improvement Grants were sought	5
Number of applications for Grants approved	5
Number of improvements completed	3
Improvement Grant total	£302

STANDARD GRANTS.

Number of Standard Grant applications granted	5
Number of Standard Grant work completed	3
Standard Grant total	£117-3-6.

SECTION E

MEATS.

Shops.

Both Butcher's Shops can now be regarded as satisfactory.

Slaughterhouses.

One privately owned slaughterhouse was operated satisfactorily during the year.

The quality of beasts etc. has been very high, and the only meat found to be unfit were a small percentage of offal - livers affected by fluke worm and one unborn calf (44 lbs).

There was no evidence of Cisticercus Bovis.

The throughput for the slaughterhouse for the year was:-

Cattle 117 Sheep 570 Pigs Nil.

MILK.

Number of Retailers 8.

Again attention is drawn to the condition of milk bottles. The public are largely to blame as often there are long delays before the empty bottles are returned to the dairyman. As soon as emptied, the householder should rinse the bottles, thus facilitating proper cleansing by the dairyman. Also care on all sides should be taken to prevent the chipping of the necks of bottles and chipped bottles should NOT be used.

CATERING ESTABLISHMENTS.

Again the various establishments have been satisfactory. They are as follows:-

	Licenced Hotels	Temperance Hotels	Snack Bars	Fish & Chip Shops	Total.
Alston	3	3	2	1	9
Nenthead	1	-	-	1	2
Garrigill	1	-	-	-	1

The total number of licenced premises are as under:-

Alston	7
Nenthead	3
Garrigill	1
	11

Premises registered under Sec.16 of the Food & Drugs Act, 1955, (Making Sausages and Pressed Meats) 2

Premises registered for the sale only of ice cream 10

RECORD OF FOOD VOLUNTARILY SURRENDERED DURING 1959.

Fish.

2½ Stones	Sprag Fillet.
½ Stone	Haddock Fillet.

Chicken	1 Tin	Total Weight	5 lbs.
Ham	2 Tins	Total Weight	8 lbs.

S E C T I O N F

INFECTIOUS AND OTHER DISEASES.

Diphtheria Immunisation
- Primary 28
- Completed 32

Poliomyelitis Vaccination
- Primary 140
- Completed 164
- Booster Dose 298

Smallpox Vaccination
- Primary 16

Whooping Cough
- Primary 47
- Completed 39

NOTIFIABLE DISEASES FOR THE YEAR 1959.

DISEASE.	
Typhoid	-
Paratyphoid	2
Scarlet Fever	-
Whooping Cough	-
Diphtheria	-
Erysipelas	1
Smallpox	-
Measles	7
Pneumonia	9
Puerper. Pyrexia	-
Dysentry	-
Ac. Poliomyelitis	-
Chicken Pox	-
Tuberculosis	2
Meningitis	-

	CAUSES OF DEATH.	M	F
1.	Tuberculosis, Respiratory	1	-
2.	" Other Forms	-	-
3.	Syphilitic Diseases	-	-
4.	Diphtheria	-	-
5.	Whooping Cough	-	-
6.	Meningococcal Infections	-	-
7.	Acute Poliomyelitis	-	-
8.	Measles	-	-
9.	Other Infective and Parasitic Diseases	-	-
10.	Malignant Neoplasm Stomach	1	-
11.	" Lung Bronuchus	-	-
12.	" Breast	-	-
13.	" Uterus	-	-
14.	Other Malignant and Lymphatic Neoplasms	-	3
15.	Leukaemia, Aleukaemia	-	-
16.	Diabetis	-	-
17.	Vascular lesions of Nervous System	4	3
18.	Coronary Disease	4	3
19.	Hypertension with Heart Disease	-	-
20.	Other Heart Diseases	-	-
21.	Other Circulatory Diseases	-	1
22.	Influenza	-	-
23.	Pneumonia	3	1
24.	Bronchitis	-	-
25.	Other Diseases of Respiratory System	-	-
26.	Ulcer Stomach and Duodenum	-	-
27.	Gastritis, Enteritis and Diarrhoea	-	-
28.	Nephritis and Nephrosis	-	-
29.	Hyperplasia of Prostate	-	-
30.	Pregnancy, Childbirth and Abortion	-	-
31.	Congenital Malformations	-	-
32.	Other Defined and ill-defined Diseases	2	2
33.	Motor Vehicle Accidents	-	-
34.	All Other Accidents	-	-
35.	Suicide	-	-
36.	Homicide and War Operations	-	-
		15	13

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